

# WHY KARATE-DO?

1. **KARATE** is a great source of cardiovascular exercise which promotes good overall health

2. **KARATE** is a great core workout which helps a person with overall stability & balance

3. **KARATE** students learn to be calm under pressure, which can help a person learn to relax during normal hectic problems of their daily encounters

4. **KARATE** teaches very important self-defense techniques.

5. **KARATE** builds self-confidence

8. **KARATE** teaches intricate techniques which helps promote problem solving and critical thinking skills

7. **KARATE** is a great way to make friends

6. **KARATE** is a family oriented sport

10. **KARATE** is for everybody regardless of age or gender

9. **KARATE** promotes a healthy lifestyle

